

Welcome Spring

Trumbull Continuing Education 2022



Register Online:
www.trumbullconted.org
For information call:
(203) 452-4554

*Dr. Martin J. Semmel, Superintendent
Cheryl Gould, Administrative Secretary*

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GENERAL INFORMATION

Location of Classes:

Enrichment Classes are held at Trumbull High School, 72 Strobel Road, Trumbull CT, unless otherwise specified.

*Shelton Intermediate School,
675 Constitution Blvd, Shelton CT 06484*

Enrichment Tuition:

The tuition for each course is listed in the course description. Tuition is payable upon registration.

Processing Fee: Non Refundable \$5.00 per order, we do not prorate

Discounts - not on all classes.

Enrichment Registration:

All registrations are processed in the order received. **Must be at least a freshman in high school to attend evening enrichment classes.**

Online:

www.trumbullconted.org

Mail:

If you are signing up for more than two courses, attach a second form. Photocopying is acceptable. Include: check(s) or money order. One check may be used to pay for more than one student or course. Tuition for each course is payable upon registration.

Confirmation of Registration will not be sent,

unless you are notified to the contrary, courses will run as scheduled. If registering late, call to be sure the course is not full or cancelled. If a course is filled or cancelled, every attempt will be made to notify you.

Storm Day Policy:

When inclement weather closes Trumbull Public Schools, or there is an early dismissal, ALL Continuing Education-classes will be cancelled. If the public school has a delayed opening, evening classes will be held unless otherwise announced on local radio stations WICC 60, WEBE. Online WFSB.com to get all local information.



Mandated Academic Classes

ESL, GED, NEDP and CDP, located at Wooster Middle School (see page 3) There are no fees for Trumull residents for the mandated academic classes.

Nondiscrimination:

The Trumbull/Stratford Continuing Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, national origin, sex, disability, age, religion or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding the Trumbull/Stratford Continuing Education nondiscrimination policies should be directed to James Noga (203)385-4270, nogaj@stratk12.org

General Accessibility and Accommodation:

All activities offered by Trumbull/Stratford Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Printed materials (e.g. brochure/handbook/newsletter) are available in alternate formats (e.g. large print, audio, Braille) upon request. For assistance, please contact Joe Viscount (203) 385-4270.

General Educational Development

Accommodations on the GED tests are available for qualified individuals with a disability. For more information please contact Joe Viscount (203) 385-4270. You may also contact Sabrina Mancini at the Connecticut State Department of Education at (860) 807-2110. Registration fees may be charged by a providing school district or cooperating eligible entity to a cooperating school district for any adult residents of such cooperating district who are enrolled in any adult class or program of adult classes maintained by such providing school district or cooperating eligible entity and required by said section. The GED contact is Joe Viscount (203) 385-4270.

Fees: No Registration fees may be charged by a providing school district or cooperating eligible entity to a cooperating school district for any adult residents of such cooperating district who are enrolled in any adult class or program of adult classes maintained by such providing school district or cooperating eligible entity and required by said section Sec. 10-73a.

Trumbull/Stratford Continuing Education
468 Birdseye Street, Stratford, CT 06615
(203) 385-4270
(ALPHA Entrance of building)
Spring registration opens on line
January 3, 2022
<https://www.stratfordk12.org/schools/continuing-education>

Placement testing for ESL, GED, NEDP, and AMERICAN CITIZENSHIP will begin on January 10, 2022
Classes start on January 19, 2022
Contact the office for scheduling
(203) 385-4270

Credit Diploma Classes (CDP) scheduling classes begins January 10, 2022 and classes begin on January 19, 2022

CREDIT DIPLOMA
ESL, GED, NEDP,
and AMERICAN CITIZENSHIP
begin on January 19, 2022
Contact Information:
ContinuingEducation@stratk12.org
(203) 385-4270

*Want To Share
Your Knowledge?*

*Come Join The
Trumbull Continuing
Education Team To Share
With Others Your Special
Interests.*

*Call 203- 452-4554 For More
Information.*

ARTS & CRAFTS

Wheel Thrown Pottery **0008**

Trevor Youngberg

This class will provide the beginning pottery student with the fundamental skills of working on the potter's wheel. Forms covered will be cup, bowl, and vase. Students will learn how to decorate and glaze their creations as well. Students can expect to become proficient with the creation of their own designs while finding a sense of satisfaction in working this challenging medium. All skill levels welcome. Lab fee of \$60.00 is payable to instructor first night of class. Class Limit is 12.

Mondays **8 Weeks** **\$135.00**
January 24 **6:00 - 8:00** **Room M-13**

Needle Felting **0009**

Kayleigh Mihalko

This craft that uses a specialized needle to manipulate wool into 2D or 3D art. Classes are 2 hours during which the instructor, Kayleigh Mihalko, guides students through the process step-by-step to making a small felted item. More information and a more detailed description of what happens at a workshop can be found on the website. Lab fee of \$5.00 payable to instructor.

Tuesday **1 Week** **\$39.00**
February 8 **6:00 - 8:00** **Room M-4**

Basketry **0010**

Deborah Dean

This is a fulfilling and relaxing way to work with your hands resulting in a one-of-a-kind functional artwork. Basket making has brought people together for centuries, an ancient form of expression. Learn to make a beautiful unique basket using a variety of simple techniques and materials to determine the surface texture and visible patterns. You shape the basket with your hands to create the desired size, shape and visual outcome. Materials fee \$25 payable to instructor first night of class.

Wednesday **4 Weeks** **\$125.00**
January 26 **6:30 - 8:00** **M-4**

Oil Painting **0011**

Michael Barrett

This course teaches basic methods, proportion and placement, painting skills such as color mixture, and various styles and techniques. Students can experiment with styles and execute paintings of their choice, from portrait to landscape to still life. This course is continuous so that any student at any level can join. This course stresses one-to-one consultation.

Wednesdays **10 Weeks** **\$190.00**
February 9 **7:00 - 9:30** **Room M-7**

Furniture Painting **0012**

Daniella Toth

Learn the basics of the Annie Sloan Chalk Paint® method, including the four basic techniques: two-color finish, smooth/modern, rustic finish, and colored wash, plus wax application. Then more advanced layering techniques, including dry brushing under a colored wash, frottage, stenciling, and creating a weathered look with a wet wax technique. A supply fee of \$20.00 payable to the instructor on the first night of class.

Tuesdays **2 Weeks** **\$125.00**
March 15 **6:00 - 9:00** **Room M-7**

Print Making **0013**

Deborah Dean

Printmaking - explore a variety of simple printmaking processes with endless potential for experimentation within the medium. In many ways printmaking is unique in expressing skilled control of a technique with a certain element of what can be termed the "happy accident". The class will present basic methods with expansive room for creativity which will produce striking prints on a wide variety of surfaces. Materials provided - through a number of techniques you will produce both striking and unique prints. Material fee \$30 payable to instructor first night of class.

Mondays **4 Weeks** **\$125.00**
January 24 **6:30 - 8:00** **M-7**



BOATING SAFETY 

Boating & Personal Watercraft 0014 Safety (certificate class)

G. Dean from Connecticut Boating Certificates LLC

This all-inclusive course allows you to legally operate a boat, personal watercraft, and includes the water ski towing endorsement. Upon successful completion of the course, the student will have learned about state and federal boating laws and guidelines. They will have earned a CT Safe Boating Certificate (often referred to as the "Boater's License"). The State Certified instructor will guide you through the download process which includes a one-time additional payment due to the State of Connecticut of \$50.00 per license. You are then certified for life. This will be a ZOOM class, a link will be sent prior to the class. **There is no discount for this class.**

Last day to register is Friday, May 13, 2022

May 17 & 18 2 Nights \$70.00
Tuesday & Wednesday 5:00 - 9:00
ZOOM

SAVE THE DATE
SUMMER EXPLORATIONS
2022
JULY 5 - JULY 29
LOOK FOR THE BOOK IN
MARCH 2022

CAMERA OPERATIONS

Exploring Composition 0015
(The Joy of Composing and Cropping)

John Zappala

I believe this course would be interesting and beneficial not only to those photographers with conventional camera, but also enthusiastic cell phone photographers. There are many ways to define the art of composition. This course is about exploring them. Anyone who has experienced cropping a photograph or planning where the elements go in a work of art knows the satisfaction a pleasing composition can bring. You can enhance the expression of the idea or feeling you want to convey through its use. Together we will view your images and examples of works of art dating back to the dawn of civilization on though today's fast moving images. As we search through these images we will keep an eye out for interesting composition styles. Photographers, painters, and film makers sculptures are all welcome to join the conversation.

Mondays 3 Weeks \$75.00
March 7 7:00 - 9:00 Room C-3

Basic Digital Camera Operations 0016
DSLR & MIRRORLESS

John Zappala

Need help understanding how to use your DSLR camera? Is the instruction manual that came with it almost impossible to understand? This class will guide you to knowing how to take pictures you can be proud of and acquire a good knowledge of photography in general. All relevant buttons and switches will be explained so that your picture will come out well exposed and sharply focused. Whether you are interested in photographing your friends, family, nature landscapes, or sports, this course will certainly enhance your talents. Learn how to freeze the action sports, create beautiful portraits with that blurry background and use your flash as professional fashion and wedding photographers do. Become truly confident in your picture taking abilities. Bring your camera and manual.

Tuesdays 6 Weeks \$130.00
March 1 7:00 - 9:00 Room C-3

COLLEGE/ COLLEGE PREP

Spring sessions of SAT are open to
ONLY Grade 11 THS students.

SAT ENGLISH SAT-E1

Critical Reading/Writing

THS Staff Members

In this prep course, students will acquire various active reading strategies in order to effectively answer reading questions in a timed setting. Instruction will be given on the most common grammar and usage rules that are tested on the writing portion of the exam. Practice questions will be given throughout the session. Regular attendance at each of the six sessions is expected in order to achieve maximum results.

Wednesdays 6 Weeks \$150.00
January 26 2:30 - 4:00 Rooms B-13

SAT ENGLISH SAT-E2

Critical Reading/Writing

THS Staff Members

Thursdays 6 Weeks \$150.00
January 27 2:30 - 4:00 Rooms B-13

SAT MATH SAT-M

THS Staff Members

Students will learn specific time management strategies, gain exposure to the format of the non-calculator and calculator sections, and review important mathematics content and skills assessed on the four domains of the math SAT. Regular attendance at each of the six sessions is expected in order to achieve maximum results.

Mondays 6 Weeks \$150.00
January 24 2:30 - 4:00 Rooms A-4

College Application That Gets You In 0017

Sue Berescik

This course is designed for those who are applying for college. It offers powerful attention-getting techniques of nationwide program, "Show Don't Tell." You will learn how to interview, ask for recommendations, write essays, and resumes that LEAP off the page.

Tuesday 1 Night \$20.00
April 5 6:30 - 8:30 Room C-3

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COOKING

Homemade Pasta 0018

Deb Barbiero

Learn how to make a different kind of pasta in these 3 weeks! Supply fee \$25 payable to teacher on first night. **There are no discounts for this class.** Space is limited to 6 students.

Monday 3 Weeks \$110.00

April 4, 11, 25 6:30 to 8:30

Classes are held at

Deb's Healthy Plate

32 Woodfield Dr, Shelton, CT 06484

203-929-9414

Chicken Cacciatori 0019

Deb Barbiero

Supply fee \$10 payable to teacher on first night.

There are no discounts for this class. Space is limited to 6 students.

Wednesday May 4 6:30 - 8:30 \$39.00

Classes are held at:

Deb's Healthy Plate

32 Woodfield Dr, Shelton, CT 06484

203-929-9414

Homemade Pizza and Stuffed Bread 0020

Deb Barbiero

Supply fee \$10 payable to teacher on first night.

There are no discounts for this class. Space is limited to 6 students.

Wednesday May 11 6:30 - 8:30 \$39.00

Classes are held at:

Deb's Healthy Plate

32 Woodfield Dr, Shelton, CT 06484

203-929-9414

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2022

JULY 5 - JULY 29

**LOOK FOR THE BOOK IN
MARCH 2022**

FINANCIAL

Entrepreneurship 0021

Beverly Nathan

You will learn how to start a successful home-based second income business which can then become a full-time business. With little money down, you will learn how to decide on a business or product to sell with minimal problems. You will also learn about franchising. *Optional material fee \$20.00.*

Wednesday 1 Night \$60.00
May 4 7:45 - 9:30 Room C-5

Great Real Estate Deals When Buying Or Selling In Difficult Times 0022

Richard Nathan

Because of difficult times in the economy, there are some excellent deals in real estate. Rick Nathan is strictly a consumer advocate and is not a real estate agent, and he will teach you how to get these great deals. He will teach you the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, and buying with no money down. He will show you how to wisely buy or sell investment property, primary homes, multi-families, and vacation homes. After this class you will know how to research property at the tax assessor's office, the county clerk's office, and various other methods to use to research a property including using web sites. Also, to be discussed is how to sell your home with or without a realtor. *Optional material fee \$20.00.*

Wednesday 1 Night \$60.00
May 4 7:45 - 9:30 Room C-4

How To Drastically Cut Costs In Difficult Financial Times 0023

Beverly Nathan

If you are trying to drastically cut costs because your retirement plan or your savings plan has lost a lot of money or you can lose your job, and want to learn how to save thousands of dollars, this course will greatly help you. Bev Nathan, who is strictly a consumer advocate, will explain how to save thousands of dollars. To be discussed are ways to save money by investing on your own with no-load mutual funds, the benefits of credit unions, buying used cars, saving much money when getting a car, home and life insurance, and methods to reduce school and county taxes on your home. There are many other ways to save a considerable amount of money. These will be discussed in detail, as well as, money saving websites. *Optional material fee \$20.00.*

Wednesday 1 Night \$60.00
May 4 6:00 - 7:45 Room C-5

Secrets That Wall Street Does Not Want You to Know 0024

Richard Nathan

Have you just come into some money or have some money to invest? This lively, fact-packed seminar is a must for those who want to learn from a consumer advocate, Richard Nathan. Since he is not a salesman and has nothing to sell you, he will be blunt and straightforward about things that you are not supposed to know and were never taught in high school or college. You will be taught how not to be ripped off when buying or leasing cars, buying insurance, investigating long-term care insurance, investing with or without financial planners, and when investing in mutual funds on your own. After taking this course, you will have the confidence to invest on your own or be able to interview financial planners so you can find those who are truly working for you. You will learn how to stretch and save your hard earned money. **IT IS TIME TO TAKE CHARGE OF YOUR MONEY!!!** *Optional material fee \$20.00.*

Wednesday 1 Night \$60.00
May 4 6:00 - 7:45 Room C-4

Medicare Basics.. Get the Facts 0025

Kim McGuire

Are you or a loved one about to turn 65 soon and getting ready to sign up for Medicare? Are you already on Medicare and would like to learn more about your Medicare options? Wondering how to find your way through the maze of Medicare terms? Medicare Assurance Group, LLC invites you to attend this course to learn more about Medicare and your health plan options. During our Medicare 101 session, you will learn; what are the differences between Medicare and other health coverage, what is Original Medicare and are there other options, is Original Medicare enough health coverage, what are Medicare Parts A, B, C, & D, are prescriptions covered, how much will it cost and are there deadlines to enroll? We will also educate you on Medicare Advantage Plans, Part D prescription drug plans and Medicare Supplement plans. The advantages and disadvantages will be discussed in an easy to understand manner. This class is designed to be an informational seminar with ample opportunity for individual questions.

Tuesday 1 Night \$29.00
April 5 6:00 - 7:30 Room C-5

SAVE THE DATE
SUMMER EXPLORATIONS
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Financial Strategies 0026
For Successful Retirement

Steven Jacques

With financial independence, retirement can be the most fulfilling time of your life. This class covers important money management concepts and issues that are important to people near retirement. Topics include how to reduce pressures on your retirement income and which assets are appropriate for retirement income, which are appropriate for lifetime use, and which assets are appropriate for future generations. Learn how to make appropriate health care decisions, especially who will provide care, where you will live and how you will pay for your health care. We will explore some options that allow you to transfer assets to other generations of your family. By condensing up-to-date financial information into two classroom sessions, this seminar gives you answers you need. An optional financial planning consultation is provided after the class. You may bring your spouse at no extra cost. *Material Fee of \$30.00 is payable to instructor on the first night of class.*

Wednesday **3 Weeks** **\$40.00**
March 16 **6:30 - 8:30** **Room C-4**

Estate Planning 101 0027

Nicole Camporeale

This course will review the basic estate planning documents everyone should have, including a Last Will and Testament, Durable Financial Power of Attorney, Healthcare Power of Attorney and Revocable Living trust. We will also discuss how to “avoid” probate and protect assets. ZOOM invites will be sent prior to class.

Tuesday **\$29.00**
February 15 **ZOOM** **6:00PM**

Medicaid and Long 0028
Term Care Planning –

Nicole Camporeale

This course will review how to pay for long term care needs, qualify for the Medicaid/Title XIX program and protect assets in advance of requiring long term care. ZOOM invites will be sent prior to class.

Tuesday **\$29.00**
February 8 **ZOOM** **6:00PM**

FITNESS

Gentle Yoga 0029

Beverly Corvino

Learn and practice postures, breathing and relaxation techniques. Increase flexibility, reduce stress, and bring calm to your busy life. Bring a mat or blanket and wear loose, comfortable clothing. **There is no discount for this class.** Limit 8

Mondays \$189

January 3 **6:30 - 8:00**

No class on 1/17, 2/21, 4/11,4/14,4/18.

Shelton Intermediate School – Media Center
675 Constitution Blvd, Shelton, CT

Gentle Yoga 0030



Beverly Corvino

Learn and practice postures, breathing and relaxation techniques. Increase flexibility, reduce stress, and bring calm to your busy life. Bring a mat or blanket and wear loose, comfortable clothing. **There is no discount for this class.** Limit 8

Wednesdays \$189

January 5 **6:30 - 8:00**

No class on 1/17, 2/21, 4/11,4/14,4/18.

Shelton Intermediate School – Media Center
675 Constitution Blvd, Shelton, CT

Traditional Internal 0031
Healing Exercises and Meditation

Randall Kirik

This course teaches how to help prevent illness and cure diseases combining simple life enhancing and internal healing exercises with the art of meditation. Discover how to bring life force energy (Chi) into the body to revitalize all organs. Learn to breathe properly, increasing oxygen capacity, and expelling more toxins. Other benefits include strengthening the nervous system, reducing stress, regulating digestive function, managing weight, energizing the heart, liver, lungs, kidneys, endocrine glands, and other organs. It's a natural approach with a proven five thousand year old history to achieving health, happiness, and longevity.

Tuesdays **8 Weeks** **\$145.00**
April 5 **7:30 - 9:00** **Media Center**



Tai Chi Advanced Beginner 0032

Gwen Roman

Is described as "meditation in motion" emphasizes relaxation and strength. It can be practiced by anyone, regardless of age, sex or athletic ability.

There is no discount for this class. Limit 8

Monday \$189.00

January 3 6:00 - 6:50

No class on 1/17, 2/21, 4/11,14,18.

Shelton Intermediate School –Cafeteria

675 ConstitutionBlvd, Shelton CT 06484

Tai Chi Beginner 0033



Gwen Roman

Is described as "meditation in motion" emphasizes relaxation and strength. It can be practiced by anyone, regardless of age, sex or athletic ability.

There is no discount for this class. Limit 8

Mondays \$189.00

January 3 6:50 - 7:40

No class on 1/17, 2/21, 4/11,14,18.

Shelton Intermediate School –Cafeteria

675 ConstitutionBlvd, Shelton CT 06484

Intro To Gardening - Learn 0034

How To Plan Your Outdoor Garden

Karel Julian

Class includes site planning, choice of plants, and maintenance. Using Herbs in your landscape and poisonous plants will be discussed.

No discount for this class.

Tuesday 1 Week \$29.00

April 5 6:30 - 8:00 Room C-6

It's Thyme: Herb Gardening 0035

Karel Julian

Now is the Thyme to grow delicious, fragrant, deer resistant, herbs in your own backyard. Learn to identify, propagate and harvest herbs from your annual, perennial and container gardens. **No discount for this class.**

Tuesday 1 Night \$29.00

April 12 6:30 - 8:00 Room C-6

GOLF

Improve Your Short Game 0036

Tashua Knolls Professional Staff

A comprehensive approach to the fundamentals of sound putting, chipping, pitching and bunker play. The course will allow student to understand the different uses of their club in various situations.

Class is limited ot 12 students

TBD please check the Website for updates.

www.trumbullps.org

Intro To Golf 0037

Tashua Knolls Professional Staff

This course is for beginner and intermediate golfers. The fundamentals of grip, posture, stance, and swing will be discussed. Additional short game instruction will also be presented. Participants should bring golf clubs. *Course fee includes range balls.*

Class limited to 12.

TBD please check the Website for updates.

www.trumbullps.org

GARDEN

**SAVE THE DATE
SUMMER EXPLORTATIONS**

2022

JULY 5 - JULY 29

**LOOK FOR THE BOOK IN
MARCH 2022**

HEALTH

Thyroid Healing Nutrition 0038

Deb Barbiero

What you eat affects how your thyroid works. Learn the foods needed to maintain and improve thyroid health and those to avoid while battling thyroid disease. Your instructor improved her health with proper nutrition while battling Hashimoto's disease. **There are no discounts for this class.**

Monday 1 Week \$39.00
March 7 6:30 - 8:00 ZOOM

How Nutrition Can Reduce Inflammation in your Body 0039

Deb Barbiero

Learn which foods to avoid and to include in your diet to give you more energy, reduce pain and bloat which is a result of inflammation in your body. A great class for people trying to lose weight, manage thyroid, Type II diabetes, and other inflammatory diseases. **There are no discounts for this class.**

Monday 1 Week \$39.00
March 14 6:30 - 8:00 ZOOM

Gluten-Free Eating 0040

Deb Barbiero

Learn which foods to eat and avoid if you have Celiac disease, gluten intolerance, wheat sensitivity or wheat allergies. It's not just in your foods. No discount for this class. **There are no discounts for this class.**

Monday 1 Week \$39.00
March 28 6:30 - 8:00 ZOOM

LANGUAGE

Spanish 0041

Virginia Dileo

Learn to communicate in Spanish. Spanish is useful for so many jobs today. Knowing Spanish can give you an edge in your current job or help you get a job. In this difficult job market, any tool that can give an edge is worth the time investing. If you ever dream of traveling abroad, knowing Spanish will make that trip much more enjoyable. This course is designed for students who have little or no previous knowledge of Spanish. Students will learn the skills needed to carry on basic conversations.

Mondays 10 Weeks \$150.00
January 31 5:30 - 7:30 Room C-6

Spanish 2 0042

Virginia Dileo

Learn to communicate confidently in Spanish. This course will provide the student with the skills needed to carry on a conversation! This class can be instrumental in helping with getting a job or an advantage of your current job. If you plan to travel abroad, speaking the language can make the trip much more fun! Prior knowledge of Spanish is helpful.

Mondays 10 Weeks \$150.00
January 31 7:30 - 9:30 Room C-6

PERSONAL INTEREST

Joyful Abundance 0043

Robin Tesei

Where is my joyful spark and how can I magnetize more joy? In this class you will learn tools to consciously create more joy into your life. You will become open to receiving joy through a guided meditation, through journal prompts, through nurturing your inner-child, and then learn how to draw from your escrow of joy whenever you desire. www.angelhappiness.com.

There are no discounts for this class.

Tuesday	1 Week	\$39.00
February 1	7:00 - 9:00	Room C-5

Communicate with Your Angels 0044

Robin Tesei

You will learn how to spiritually connect, communicate, and ask for guidance from your Angels, Guardian Angels and Spirit Guides. Through journaling, you will receive loving, guided, inspiring messages, full of wisdom and insight. You will learn steps to receiving and you will learn your angels' name. Communicating with angels is empowering. www.angelhappiness.com. **There are no discounts for this class.**

Wednesday	1 Week	\$39.00
February 16	7:00 - 9:00	Room C-5

Healing with the Archangels 0045

Robin Tesei

We will discuss the 15 powerful Archangels and the roles they play in healing and guiding you with relationships, money, career, school, worries, health and so much more. With the help from Archangels Michael and Metatron, you will learn healing tools to balance your mind-body-spirit. We will evaluate your life balance and learn which Archangels help in each area. www.angelhappiness.com. **There are no discounts for this class.**

Tuesday	1 Week	\$39.00
March 8	7:00 - 9:00	Room C-5

Angel Signs/Numbers 0046

Robin Tesei

Angels (and loved ones) are frequently sending messages through signs, such as clouds, numbers, electronics, coins, feathers, songs, and much more. You will learn how to ask the angels for signs, discuss ways the angels show signs, how to interpret these signs, and what the number signs mean. A handout of number and feather meanings will be provided. www.angelhappiness.com. **There are no discounts for this class.**

Tuesday	1 Week	\$39.00
March 22	7:00 - 9:00	Room C-5

Angel Card Readings 0047

Robin Tesei

Angel cards are divination tools to help you receive supportive, loving, insightful guidance from your Angels. You will learn how to do Angel Card Readings during this hands-on class. We will clear, bless, and add intentions to your cards, to receive clear messages. Please bring your own Angel Oracle cards (order via Amazon or at a local Crystal/Angel store). www.angelhappiness.com. **There are no discounts for this class.**

Wednesday	1 Week	\$39.00
April 6	7:00 - 9:00	Room C-5

Crystals & Angels 0048

Robin Tesei

Crystals are powerful healing tools which restore us physically, spiritually, emotionally, financially, and romantically. We will combine the healing energy of the crystals with the Divine healing of the angels. You will learn healing techniques, crystal attributes, the archangels they work with, how to charge and cleanse your crystals. Twenty crystals will be presented. www.angelhappiness.com. **There are no discounts for this class.**

Wednesday	1 Week	\$39.00
May 11	7:00 - 9:00	Room C-5

Memory and Your Special Legacy: The Year That Brought ‘The New Normal’ Into Our Lives. 0049

Tina DiMarco

How did the Covid-19 pandemic change and shape your life? What was re-entry like for you and your family? And, finally, what does “The New Normal,” mean to you? Those stories of recent events carry a lot of weight and impact for future generations. This includes historical versions of ancestry, a journey of discovery, facing trauma, and of course, the anecdotes – funny, sad, fantastical and memorable. Our stories of family can be any number of incidents we cherish and remember. Or we might feel the need to revisit them for greater understanding. You know, the ones we need to heal in order to live better lives. We carry all of them with us like an invisible overcoat. By the time the 5 weeks are over, you’ll have the basics of something only you can craft – a memorable piece of your life in 2020 and re-entry into your own New Normal as 2021 re-shaped our views of the world, scene by living scene.

Tuesday 5 Weeks \$130.00
March 29 7:00 - 9:00 Room C- 4



Voice Over 0050

Hannah Trusty

In what could be the most enlightening 2 hours you’ve ever spent, this class will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you’ve been looking for. **There are no discounts for this class.**

Tuesday 1 Week \$49.00
February 8 6:30 - 8:30 Room 108
Shelton Intermediate School
675 Constitution Blvd, Shelton CT 06484

SATURDAY CLASSES

Saturday! CT Security Officer Certification Course 0051

Joseph Porto

Upon successful completion of the course, approved by the CT State Police, Special Licensing and Firearms Unit, you will obtain a certificate required to obtain your CT Security Officer Identification Card (Guard Card) allowing you to work as a uniformed security officer for licensed CT employers. **There is no discount for this class.**

Saturday 1 Day \$99.00
February 26 9:00 - 5:00

ZOOM CLASS (the link will be sent as you register. Registration will close for this zoom class on Thursday, February 24, 2022

Saturday! CT Security Officer Certification Course 0052

Joseph Porto

Upon successful completion of the course, approved by the CT State Police, Special Licensing and Firearms Unit, you will obtain a certificate required to obtain your CT Security Officer Identification Card (Guard Card) allowing you to work as a uniformed security officer for licensed CT employers. **There is no discount for this class.**

Saturday 1 Day \$99.00
April 9 9:00 - 5:00

ZOOM CLASS (the link will be sent as you register. Registration will close for this zoom class on Thursday, April 7, 2022

TECHNOLOGY

Introduction to PowerPoint 0053

Theresa Purdie

Students will learn how to create professional slide shows using today’s most widely used presentation format, PowerPoint. Topics will include how to create, save, and revise slides. Participants will learn how to use tools in PowerPoint including the design, transitions, timing functions, as well as, how to include video, charts, animations to create engaging presentations.

Wednesday 1 Week \$60.00
February 16 5:00 - 7:00 Media Center

Introduction to PowerPoint 0054

Theresa Purdie

Wednesday 1 Week \$60.00
April 13 5:00 - 7:00 Media Center

Introduction to Microsoft Excel 0055

Theresa Purdie

Students will learn how to create professional spreadsheets using Excel. Topics include creating a spreadsheet, editing techniques, inserting formulas and functions, using formatting features, and creating a simple chart. Students will learn how to set up practical and useful spreadsheets for a basic budget and payroll.

Wednesdays 2 Weeks \$90.00
February 2 5:00 - 7:00 Media Center

Introduction to Microsoft Excel 0056

Theresa Purdie

Wednesdays 2 Weeks \$90.00
March 30 5:00 - 7:00 Media Center

Introduction to Microsoft Word 0057

Theresa Purdie

Students will learn how to use Microsoft Word to make professional and visually appealing documents. Topics will include learning how to create, save and edit text and paragraphs, setting up tabs and margins, adding borders and shading, inserting headers and footers, adding and formatting page numbers, and creating formatting and editing tables. Students will also learn how to insert clip art in documents, set up brochures, and create newsletters. Students will need a basic understanding of how to use a computer and a mouse.

Tuesday/Wednesday 2 Nights \$90.00
January 25 & 26 5:00 - 7:00 Media Center

Introduction to Microsoft Word 0058

Theresa Purdie

Wednesdays 2 Weeks \$90.00
March 16 5:00 - 7:00 Media Center

Google Docs, Sheets and Slides Made Easy 0059

Theresa Purdie

Students will learn how to create and share word processing, spreadsheet and slide presentation documents, and working with others on those documents in real time. Students will be able to save the documents online and learn how to access their work from, their phone or tablet, as well as, their computer. Students learn how to upload existing documents from Word, Excel, PowerPoint, and convert those documents into a Google document.

Wednesdays 2 Weeks \$90.00
March 2 5:00 -7:00 Media Center

Away for the Day



SPRING-SUMMER 2022 SCHEDULE

"Waitress" at New Haven's Shubert Theater

In this "sweet" musical, we meet Jenna Hunterson, pie-maker at Joe's Diner, who feeling trapped in an abusive marriage hopes to win money in a baking contest to start again.

Deadline: Jan. 26

Sunday March 6 \$185

To enter the theaters, you must wear a mask and show ID and proof of vaccination.

"Moulin Rouge! The Musical"

In this Broadway musical set in Paris, we'll meet bohemians, aristocrats, Toulouse-Lautrec, dancer Santiago, and the Duke of Monroth. Into this extravagant world, comes Christian, a love-sick English writer, infatuated with Satine, the dazzling star of the Moulin Rouge.

Deadline: Feb. 9

Wednesday April 6 \$229

"Cabaret" at Goodspeed Opera House

This 1966 musical is set in 1929-1930 Berlin as the Nazis are coming to power. The show focuses on American writer Clifford Bradshaw, newcomer to Berlin, cabaret performer Sally Bowles and smuggler Ernst Ludwig.

Wednesday June 1 \$183

Boscobel

Come with us to the Hudson Valley for a tour through this beautifully restored 1804 Federal mansion across the majestic Hudson River from West Point. Inside the home, we'll see New York furniture, including pieces by Duncan Phyfe and lovely decorative arts.

Wednesday July 6 \$132

To receive a complete brochure with pick-up times and to be added to our mailing list, call

Jill Meyer

203-226-4310 or

e-mail jill@awayfortheday.net

TRUMBULL DRIVER EDUCATION PROGRAM – February 2022

Trumbull Driver Education Office
Phone 203-452-4554
Knepler Driving School
Phone 203-268-6040

Knepler Driving Schools will provide all classroom training to meet the full 30 hour mandatory requirements. This program also includes the mandatory 8-hour Drug and Alcohol program. This program includes 15, two-hour online classroom sessions with one makeup classroom at the end. The parent/student mandatory program must be attended by one parent or a legal guardian and the student together. The parent/student program must be attended on the evening assigned as there is no makeup for this class.

More information to follow.



HEADSTART is now recruiting children who will be 3 or 4 yearsold by December31 from Trumbull, Monroe, Easton, North Bridgeport, Stratford, Fairfield, and Newtown for its Fall 2022 - 2023 Preschool Program. This program is FREE to families who meet the income guidelines. Priority is given to 4-year olds. Are you currently receiving welfare or unemployment compensation? Single, divorced, out of work or struggling to make ends meet? Do you have a foster child? Any of these circumstances might make your child eligible for this FREE, Award-Winning, Preschool Program. Call 203-452-4422 for more information.



NO CLASSES: This list of closures are for the classes held at Trumbull High School. Please check the other locations for dates classes are not held.

- January 3 :** No Class
- January 17:** Martin Luther King
- February 21:** Presidents Day
- February 22:** 8th Gr Student/Parent
- April 15 - 22:** April Vacation
- April 27:** Band Concert
- May 30:** Memorial Day
- May 31:** Awards Night
- June 1:** Scholarship Night

TRUMBULL PUBLIC SCHOOLS

Substitute Teachers/Substitute Paraprofessionals, per diem, all grade levels.

Please contact Kathleen Oliver for more information at: 203-452-4363.



Substitute Custodians,
No Experience Needed. Please contact Debra Kohn for more information at:
203-452-4306.

Long Hill Administration Building
6254 Main Street, Trumbull, CT 06611

**REGISTRATION FORM
PRINT CLEARLY**

Name _____
Last
First

Address _____
Street
City
State
Zip

Phone _____
Days
Evenings
Cell

Email _____

COURSE #	COURSE TITLE	FEE
	Senior Citizen 10% Discount	\$
	Non Refundable Processing Fee	\$5.00
	Total	\$

PAYMENT INFORMATION:

NAME ON CARD _____

CARD # _____ CVV # _____

EXP. DATE _____

_____ CHECK _____ VISA _____ MASTERCARD

Checks are payable to Trumbull Continuing Education, 72 Strobel Road, Trumbull CT 06611.

Please read and sign waiver.

Waiver of Participant by parent or self: In consideration of your accepting my or my child's registration and entry, I hereby for myself, my child, my heirs, executors and administrators, waive and release any and all rights and claims for damages I or my child may have against the Trumbull Board of Education, the Trumbull Public Schools, the Town of Trumbull, any of their employees, agents, representatives, successors and assigns, for any and all injuries suffered by myself or my child at the activity sponsored by these groups. I understand there is inherent risk associated with the(se) activity(ies) and authorize emergency medical treatment and transportation in my absence. PHOTO RELEASE: The Trumbull Adult and Continuing Education Program MAY VIDEOTAPE OR TAKE PHOTOGRAPHS OF PARTICIPANTS ENROLLED IN RECREATION ACTIVITIES, CLASSES OR PROGRAMS. THESE PHOTOS AND/OR VIDEOTAPES MAY BE USED FOR PROMOTIONAL PURPOSES. If any of the above participants are minors, I certify by my signature that I am the custodial parent or guardian; or I have the expressed authorization of the custodial parent, or guardian to enroll said participant(s) in the specified activities listed.

Signature: _____ Date: _____ 15

72 Strobel Road, Trumbull, CT 06611
(203) 452 - 4554
www.trumbullps.org

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Trumbull



**Postal Customer
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COMING SOON IN EARLY SPRING
SUMMER EXPLORATIONS!!!

WE ARE ALWAYS LOOKING FOR NEW IDEAS TO
ENHANCE OUR SUMMER OFFERINGS!!
PLEASE SUBMIT TO US BY JANUARY 28, 2022.
cgould@trumbullps.org

Trumbull Continuing Education Is Always Looking For New
Programs To Offer To Our Community. If You Have One To
Offer, And Are Interested In Sharing Your Knowledge,
Please Call Us At 203-452-4554
We Welcome All Suggestions And Comments
People Helping People!
Thank You For All Your Support!